# PHYSICK
## REFORMED:

Wherein is described

## The Nature and Cause

Of most

# DISEASES

AND

## The Select Way of Cure

For the same.

Method contrary to all Authors in being.

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*Jeremiah Love*, Doctor of Physick.

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*Ex Herbis fit Mel.* A. 40[illegible]

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*LONDON:*

Printed for *Henry Brome*, at the Gun in St. *Paul's Church-Yard*, at the West End, 1675.

*sun to put our lives in these Empiricks hands, as for a man to murther himself. I have here Publisked a little Book, to benefit my Country, a Method contrary to other Authors; and which will cure most diseases of the body, with few but choice Medicines. I have not written of all but of those, of which I have had the greatest experience.*

*And I trust I shall by it rectifie those manifold errors in those which Practise Physick, I have found the old Galenical way uncertain, and the Chymical no way safe, and the sure rules of Astrology I could never find, a Medium is best in which I intend to instruct you. The work is Methodical and I leave it to the World to judg. My Brethren read it over and mind what you read, you have the Key of Natures secrets, a few Medicines; what grows in our own Country, but so grounded upon Reason and Sense, that it comprehends the whole body of Physick as it was first ordained, wherefore I beseech you as once a great* Persian *Monarch did not refuse a Dish of Cold Water at a poor mans hands, so you would be pleased to accept of these my Labors as a token of a willing mind, to do my Country service.*

The

# The Practice of Physick REFORMED.

## CHAP. I.

I Purpose here in this small Treatise to give the most Judicious Reader, and all Lovers of the Art of Physick, Satisfaction; and likewise lay open to the meanest capacity, the Causes, Symptoms, and Signs of most Diseases of the Body of Man, and likewise the choicest and select Remedies for the perfect and speedy cure of them: A method I think as yet no man ever used, as I could hear or read of.

First, I here declare unto thee an Apozem which I have made choice of this many years, for the best and safest working, and the good success of it: A Medicine so prepared and corrected, that it doth (without any danger, pain, or molestation of the Body whatsoever) evacuate and carry off all corruption and filthy humours out of the Body. The vertue of this Apozem being so wonderful, and so well pleasing to the Stomachs of all those that ever took thereof, that I shall do my Country much wrong, if I should any longer keep from them so great a treasure.

I have delivered my Bill for the making of it, only to Mr. *Fisher*, who lives in St. *Olaves* Parish in *Southwark*, *London*, Chirurgion, a man whom I have a great love and respect for, and likewise for many years I have made tryal of his just and honest dealing, and his good Judgment in composing of Medi-

nies, and in chusing the best Ingredients. And when any man hath a mind to make use of it, I have filed it by the name of *Panax Angliæ*, by which name you may have it.

And now I have thought fit to shew the causes why I have not published the way of making this Apozem, for many may think I have a yearly benefit by the same, and so for my own gain I keep it from the people, which is most untrue; for (as I have a faith to God) he that makes it hath the whole profit thereof, neither is there any reason, any man should grieve thereat, for these reasons following. 1. because the Composition of Medicines belongeth properly to those that were brought up in that Profession, and it is necessary they should reap the benefit. 2. The ignorance of most people, in choosing the ingredients wherein is such skill, that the Apothecary himself, (except he hath great judgment) is often deceived. 3. Their ignorance in making this Apozem, if they had good Ingredients: for this Apozem requires much curiosity in the preparing, and if well made will continue one whole year, in perfect strength and virtue: and if any man will carry it far, let him signify so much to the maker of it, that it may be provided on purpose to keep longer. A Medicine contrary to the nature of other Potions, which we daily see, will not continue good three days: And that the Poor may reap the benefit of this Medicine as well as the Rich, I have ordered it to be sold only at the rate of five shillings a pint: And you shall find this Apozem effectually to Cure (by God's blessing) divers Diseases of the Head, red, sore, and watry Eyes; and cleanseth the Stomach of all filthy Corruption, and causeth a good Appetite, and helpeth Digestion. It is good against Catarrhs and Rheum, obstructions of the Lungs, Cough and shortness of Breath, Heart burning,

It cleanseth them that have the Itch, Scabs, or Biles, and prevents the Small Pox and Measles: It helpeth the Colick, and those that are troubled with Wind, the Black and Yellow Jaundies, Inflammations of the Liver, Obstructions of the Spleen, Green-Sickness; excellent in all Fevers, a preservation against the Gout and the Stone, and divers other Diseases: And the way of taking it is set down in every particular Chapter.

And now my Brethren, if you receive any benefit by this my Apozem, or any thing else written in this little Book, ascribe the honour and glory to Almighty God, the preserver of all mankind: I desire nothing, but your love and good will in accepting these my labours as a sufficient recompence for my pains and study, to do my Country service.

## CHAP. II.

IF any man should think it strange, or as it were impossible, that one Medicine should be good for so many Diseases; Know this that our old excellent Writers, being Fathers of Physick, have left their Monuments of Learning to us, which shew us divers Confections, some purge Choler, some Flegm, and some Melancholy; so that we must all conclude that they are good in all cholerick, flegmatick, and melancholick Diseases; so after their manner have I invented this incomparable Apozem.

And although all our Fathers of Physick being excellent men, have left their Receipts behind, for composing all sorts of Physick, for all Constitutions and Complexions, yet I trust we, who as it were stand upon their shoulders, may see farther than they, if we do strive and be industrious in these Studies.

Now if we give this Apozem to ſtrong Bodies, we give a greater quantity, and oftner; in weak Bodies, leſs is required.

If we are to cure the Head or Stomach, we order to take our Apozem an hour before they riſe, that it may continue the longer in the place where the corruption is, and ſo it will work effectually; whereas if one walketh preſently after the taking of it, it ſlippeth away, being liquid, and leaveth the work undone.

Wherefore this Apozem being of a thin ſubſtance, gathers it ſelf eaſily with the corruption which it findeth in the Stomach, and diſſolves the ſame; whereas Pills, and other Compoſitions, require firſt to be diſſolved themſelves, which is a great trouble to Nature, and ſo many times works upon Nature two or three days after, leaving bad Symptoms behind them, which you ſhall never find by taking this my Apozem.

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Although this Apozem is a very great cleanſer of the Body from filthy corrupt Humours, yet I confeſs it is no Univerſal Medicine for all Diſeaſes (as your Triobolary Empiricks declare) for this requires help, as you ſhall ſee in the Chapter following, to as much brevity as can be required by few yet ſelect Medicines, and what no Artiſt (I imagine) dares contradict, as you may ſee by the ſpeedy Cure.

My Friends, there is a Diſeaſe wherewith many fooliſh wantons of this Nation are troubled, for (not minding the help of Nature) if they feel never ſo ſmall a pain, they muſt preſently take Phyſick, going from one Empirick to another, until they have ſo filled their Bodies with Drugs, that they are ſicker of their Phyſick than of any Diſeaſe.

Now in this Diſtemper, a little more wit will be a preſent help, for then they will have heavier Purſes, lighter Hearts, and ſounder Bodies.

But if you will preſerve the Body in health, then

take

take two spoonfuls or more of my Apozem in a glass of Wine two or three mornings in a week, this will keep your Body soluble, and cleanse your Stomach, opens Obstructions of the Liver and Spleen, Strengthens the Heart and makes a man merry and chearful about his employment, it preserves the Memory and makes the Senses perfect, and is excellent good for Womens weak Backs, and the most familiar Medicine in the World to cleanse the Body of corruption, and to destroy all sorts of Worms in Children if a spoonful or more be given three mornings together.

## CHAP. III.

### *Directions.*

1. Concerning the taking of this my pretious Apozem, you need not be so strict in keeping your Chamber as you do in taking other Physick; you may walk abroad, if your distemper will permit you, but keep your self warm, and forbear drinking.

2. You may take it at any time when you find it requisite either hot or cold, as your Stomach can bear it.

3. Children must take little, for a small Vessel is sooner emptied than a great, and likewise the humours are more fluxible.

4. Those that are full of ill humours may take it a week or more, both Spring and Fall.

5. Always take somewhat that is warm, in two hours after, for it will help the operation of the Medicine.

6. If it work not the first time, you may take more the next day safely. And if thy Body be always loose, take the lesser quantity.

7. A spoonful of this Apozem will in most Bodies

give one ſtool, now you may take three or four or five or more ſpoonfuls at a time, as you think fit.

8. When you take this Apozem, abſtain from all ſorts of Wine, hot Spices, ſalt Meats, and raw Fruits, and green Herbs, and all cold things.

9. Take it not at the change and full of the Moon, for then Nature is weak.

10. In cold diſeaſes you may put a ſpoonful or two of Wine, to help the Operation of the Medicine when you take it.

And moſt people when they take Phyſick if it works not violently, by giving many Stools, they judg it good for nothing. But I tell you this way weakens Nature and binds the Body afterwards, and cauſes Feavers, and other bad Symptoms, but this Apozem of mine works gently, and doth its work ſweetly, and eradicates moſt diſeaſes inſenſibly, and it leaves no bad Symptoms, but keeps the Body Laxative a great while afterward.

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## CHAP. IV.

### *Concerning the Diſeaſes of the Head and Face.*

1. THe Head-ach proceeds from many Cauſes, as ſomtimes from Heat, and ſometimes from Cold, both which being known, is eaſily prevented; ſo that they happen ſeldom, and do not ſtay long.

2. The Head-ach proceeds from fulneſs, when men live idly, and fill their Bodies exceſſively, as like a Bladder blown up.

3. The Head-ach proceeds from filthy corrupt humours, which abound in great quantity in the Body, which two laſt are thus perfectly cured, as eaſie as a man can waſh his hands with a Baſon of Water:

Take

*Take four or five ſpoonfuls of this my Apozem every morning for ſix or ſeven days together, for ſo by that means thou ſhalt cleanſe thy ſelf of all filthy corrupt Humours that remain in thy Body; but obſerve the Directions preſcribed in the third Chapter.*

After the ſame manner is cured the Giddineſs of the Head, and red, ſore, watery Eyes.

4. The Head-ach proceeds ſometimes from the fume of corrupt Humours, and not from the humours themſelves, for the corruption lying long in the Stomach, caſteth up to the brain evil vapours, which offend it, it being of all parts moſt ſenſible.

For the Cure of which,

*Take four ſpoonfuls of this Apozem an hour before you riſe, and ſleep not, ſo do it for three days.*

5. The Head-ach comes by reaſon of the Excrements tarrying too long in the Body, for when thou haſt taken thy Dinner, or the like, firſt Nature taketh to its ſelf for its nouriſhment the thin and pureſt part, and leaves the reſt as groſs and corrupt; and then theſe Excrements tarrying longer than uſual, ſend noyſome vapours to the Brain, and offend it; ſo that he that is much coſtive, can never be long in Health.

For Cure of which,

Take ſuch a quantity of this Apozem as will give thee one ſtool a day more then ordinary; and likewiſe take a ſpoonful an hour before Supper: for in ſo doing thou ſhalt toll Nature to do her work without help.

So now by what hath been ſaid concerning the Head-ach and ſore Eyes, you may if you will endeavour to know a little more than is told you, you may with a little Addition to this Apozem, cure Apoplexies, Palſies, Epilepſies, Incubus, Frenzy, Lethargy, and what not, if it belongs to the Head.

CHAP.

## CHAP. V.

### *For Red Faces, Pimples, and other Corruption arising in them, and likewise the Morphew.*

IT is a ſtrange thing, that the Face which is the grace and beauty of a man, ſhould be ſo greatly diſgraced by corrupt blood, and all the reſt of the parts of the Body clean and fair: The common ſaying is, The Liver is inflamed, which in many I think is the only cauſe, ſome have it from their Parents, and ſome by drinking and ſotting, and others that are mighty baſhful, and their blood being corrupt withal, ſo the Blood hath oft recourſe to their Faces, as a witneſs to teſtifie, and ſo returning away ſuddenly, leaveth ſome groſs corruption behind, which Nature there caſteth out.

For the Cure of which, take theſe Directions, which never failed.

Firſt for three or four days take five ſpoonfuls of this Apozem, which will draw the courſe of humours from thy Face; and then I preſcribe thee an Oyntment called *Unguentum Splendidum*, which is admirable good for the ſame, you ſhall have it made by Mr. *Fiſher* aforeſaid. And pray uſe it after this manner: Anoint your Face where the Pimple, and corrupt Blood lodgeth, every night gently with this Oyntment, cold with your Finger, the next morning moiſten your Face with a little new Milk, and wipe it gently; uſe this way a fortnight, and you ſhall find an alteration. After the ſame manner you may cure the Morphew, for it cleanſeth and purifieth the Skin wonderfully.

CHAP.

## CHAP. VI.

### *r the Itch and Scabs, Byles, &c. Leproſie, Small Pox, Meaſles.*

Some are troubled with this, having it by Nature from their Parents, ſome by long and bad Diet, thers by infection, as by keeping company with thoſe at have their Bodies inclined to Byles, Scabs and tches.

Now the way of curing by our Artiſts (ſo called) ow a days, is to purge firſt, and then bleed, and fter to uſe ſome Mercurial Ointment, and in many odies all this will not do; if it doth, the next Spring hey are moſt commonly worſer than they were be-ore. Now I will ſhew thee Art it ſelf, as it was at irſt inſtituted, and thou ſhalt as eaſily cure this di-emper by ſmall means, as when thou art a dry to rink a Cup of Beer to quench thy thirſt.

Firſt, Take this Apozem about four ſpoonfuls every orning for three days; and take ſomething that is hot wo hours after. The fourth day take of white Briony-Root half an ounce, a ſprig or two of Mace, boil his gently in a pint of Ale, ſtrain it out, and ſweeten it with Sugar, drink a good draught of this well warmed in thy Bed, and ſweat three or four hours upon it, and in thy ſweat drink off the reſt of the Pint hot, if a Child leſs, as age doth require: Uſe this way three days together, and longer, if the Diſeaſe have been of long continuance; and let the Patient in ſweating rub his Body with warm Cloths, to take ſuch corruption as cometh out by ſweating: after this manner the Scabs will fall off miraculouſly.

You may cure the Leproſie, all ſcald Heads, Scurfs,

Scurfs, and likewise prevent any one from having the Small-Pox or Measles, that they shall not have them at all.

I would have all men take notice that this way is the only Galenical way in practising the true Physick and not to fill their Bodies with Drugs, or with Mercurial or Antimonial Preparations. And you shall see in every Chapter a contrary method to all Authors extant.

## CHAP. VII.

*For a Cough, or shortness of Breath. For Surfeits by taking Heat and Cold. For People that are very flegmatick, and stuffed up with Flegm, and for those that are entring into a Consumption.*

Galen would have a cold distemper of the Instrument of Breathing to be the only cause of the Cough; sometimes a Humor distilling from the Head to the *Trachea Arteria*, and sharpness only of the Cuticle of *Trachea Arteria* going about within, doth provoke the Cough; sometimes it is caused through cold and flegm descending upon the Lungs; sometimes it happens through heat dissolving the superfluous matter of the Brain, and so through a Catarrhal Distillation the Cough is excited.

Now my Brethren, we all know that Cold is most commonly the original of most Diseases; for if the Body be full of gross corrupt Humours, having taken a great cold, presently there ariseth a putrid Feaver, sometimes malignant, and sometimes pestilential. Now judge you, if a Medicine will disburthen and carry out of the body this flegmatick corruption, without

without weakning of Nature; and in the highest Feavers, I trust you will grant to me it is the only means to be used.

Then take two spoonfuls of this my Apozem every day in the morning, or if occasion permit, once in two days: this will, I will assure you, unlade the body sweetly of this corruption.

And now will I give thee a Pectoral Drink, which thou mayst drink as often as thou wilt, which will quench thy thirst, bring thy body to its natural heat, and cure thee of thy cold.

Take of Coltsfoot an handful, Hyssop half an handful, Angelica roots bruised a dram, Liquorish scraped and bruised two ounces, Annis-seed half an ounce; boil this in two quarts of Spring-water gently half an hour, strain it out, and put two ounces of fine Sugar, drink freely of it warm when occasion serves: by taking this Pectoral Drink hot morninge and evenings, the flegm will come up easily, and is a wonderful Preserver for the Lungs, keeping them from putrefaction.

Now, good people, there are many in this City of *London*, that are troubled with the shortness of breath, and have their Lungs very dry, so that it is a continual pain and labour for them to breath, or as the saying is, to fetch their wind: First, I advise them to take for three or four days, three or four spoonfuls of this my Apozem, which will cleanse the inward parts of most of the corruption, then take this Pectoral Drink named before in this manner following.

Take a quarter of a pint of the Pectoral Drink, and put therein the yolk of a new laid Egg, and drink it fasting, and fast an hour after it: if thou hast been troubled with this grief many years, by using the Medicines so, will open and moisten thy Lungs, and help thee: you cannot use it too long; for it is both Meat and Medicine. After the same manner are cured all those that are entring into a Consumption: But with this

Proviso,

Proviſo, they muſt abſtain from all Spices, Salt Meats and all Wines, for they fret and inflame their Bodies and withal let them take care they over-heat not their Bodies with any violent exerciſes, that they ſtrain not their Lungs by violent Coughing; wherefore avoid all Chelnuts, and all raw fruits, as inimical to them; for this Diſeaſe is difficult, and therefore great care is to be uſed in their Diet, &c.

Now if any man by violent exerciſe heat his body exceſſively, and when he is ſo hot, ſuddenly cool himſelf by drinking, by reſt, or any other ways, ſo that this man falleth ſick even unto death, and if he eſcape, he remaineth weak and ſickly during his life. Now, my Friends, Nature miſliketh nothing more than a ſudden change from one contrary to another, to wit, from heat to cold. Wherefore I conclude by reaſon and experience, that the beſt way to cure a man in this extremity, is to bring his body orderly again to the ſame heat wherein it was when he took cold, which thou ſhalt do after this manner.

Take half a Pint of the aforenamed Pectoral Drink, and diſſolve in it one dram of Venice-Treacle, let the Patient drink half of it hot faſting, and ſweat four or five hours upon it, and in his ſweat let him drink the reſt, and be ſure abate his ſweat very gently, and beware he take no cold: For three mornings afterward let him drink a quarter of a pint, with half a dram of Venice-Treacle, two hours before he riſe, and keep his body warm without ſweating. But if the party have been long ſick, and ſo weak that he is not able to ſweat as before, then aſſure your ſelf there is little hopes of life.

Note, that if the party be coſtive, give him two or three ſpoonfuls of my Apozem, for that will eaſe and diſburthen Nature, and let him drink ſome warm Broth or Water-Grewel an hour or two after.

CHAP.

## CHAP. VIII.

### *For the Heart burning.*

I Shall content my ſelf (as moſt people call it) with the ordinary name of this Diſeaſe, which belongs not to the Heart, but only to the Stomach; and thoſe who are troubled with this Diſeaſe, are commonly at eaſe after they have eaten, but after digeſtion they feel a continual heat or bitterneſs in the mouth of their ſtomachs: they often are troubled with belching, and ſometimes an inclination to vomit. It continues long in ſome people, and in others it comes every foot, eſpecially by eating Fat, Salt, and Cholerick Meats.

For cure,

Firſt, Forbear thoſe Meats and Drinks after which thou art moſt troubled, for I will aſſure thee they will not make good Blood, and then you ſee Nature will not like it: for if good Diet will help thy Diſtemper, never take Phyſick for the ſame; but if thy long evil Diet hath laden thy ſtomach with Hot, Salt, and Cholerick Humorrs, which do cauſe this Heart-burning, (as 'tis named.)

Then take five or ſix ſpoonfuls of this my Apozem every morning for three days an hour before you riſe, and ſo thou ſhalt cleanſe thy ſtomach perfectly, which I avouch to thee will be a perfect and ſpeedy Cure, and not to eat Chalk, or to take ſome cooling Juleps or any ſuch Slops, which will hurt more than heal.

CHAP.

## CHAP. IX.

*For the Cholick and Wind, gnawing of the Stomach and Guts, and all Corruption that causeth Winds.*

ALL these Distempers proceed from corrupt and filthy slimy Humours, which stick to the inner part of the Stomach, and the Intestines. Now the common course of people when they are afflicted, they boil in some Wine, Pepper, Ginger, and other hot Spices, and all hot Seeds, which is meer madness, for these hot things are propeter to warm a cold Stomach, and make it apt to digest, being moderately used, than to cleanse it being full of corruption, and these hot things are only proper for old people that have their natural heat decayed, so that Nature faileth; wherefore we are forced to seek help by Art. Now our Physitians follow this road, first, an Emollient and Carminative Clister is to be administred, than a Cordial for to cause rest, and likewise Diaphoretical means, and then for some days a mass of Pills; and if this do not the work, make a Fontinel in the Leg, and then in little time as bad as before. If an Empirick light on such a Patient, presently he hath an universal Pill, which they must take every day, and at night three or four drops of his Elixar, which is a Panpharmacon, and indeed all good for nothing, and then it is a Palliative Cure, as they call it.

Now I pray hear a little Reason, and follow Experience, her Lady and Governess: Take five or six spoonfuls of this my Apozem, if the party be any thing strong, or else less, and so do five or six days, and thou shalt see that it will cleanse thy stomach and Intestines

intestines of all their filth, and thou shalt be perfectly cured without Clisters, or Issues, or Pills, or any universal Elixars. And for the future, I would advise thee to avoid all windy and slimy meats, that thou mayst prevent those Diseases.

## CHAP. X.

### *For Surfeting by over-eating.*

SOme men, by long fasting, coming to Dainty Fare, such as he is not used to eat, being very hungry, eateth over much, and cloyeth Nature, so that Nature refuseth any digestion, as a man having a burthen too heavy for him to bear, does not so much as offer to lift it: this Distemper proceeds from quantity: so likewise the evil qualities of Meats do cause a man to surfeit, as Meat not rosted, so likewise Fresh Herrings, Fat Pyes, heavy Cake-bread, and the like, causeth great sickness.

For the Cure of these,

If the matter of the Disease lodgeth still in the Stomach, give him a draught of warm water, with two spoonfuls of Sallet-Oyl, which will cause him to vomit: if it work not quickly, help it with your finger by thrusting it to the throat, and after vomiting, give him some hot Broath, and let him for three or four days eat not much in quantity, and likewise what is hot, and of good digestion.

But if this matter hath passed the Stomach without vomiting, and there be little or no digestion, so that now a vomit will do no good:

Then take half a pint of Canary-Wine, and burn it with a sprig of Rosemary and some Mace, and put to it two drams of *London*-Treacle, and some Sugar,

and drink it off in a morning hot, and sweat three or four hours in your Bed, according to the strength of the patient, and in his sweat let him drink posset-drink hot; for I promise you this way will make a perfect digestion through the whole body, of whatsoever he did surfeit. This way is easie and good, and I imagine Reason will conduct you so far, that it must needs do the work without a belly full of Drugs.

## CHAP. XI.

### *For continual Vomiting after Meat.*

THere are too many now a days that destroy their own Natures; some mind the filthy lucre of this world, that they will not allow themselves time to eat, although they have meat, and likewise an appetite, and then in time they would eat, but then there is no appetite. Some do fill their Carcases so much with Drink, and smoaking Tobacco immoderately, that they cannot eat, but before they come to many years, Victuals then will not go down no not so much as Broth, this is sad!

Now there are two special causes of this Disease. The one is, When the first Veins which receive the Nutriment from the Stomach, are stopped: The other is, When the Body is long bound, and the excrement very hard, so that the Patient seldom goes to the stool: In some people it is so bad, that they never go to stool, but that which remaineth after digestion, comes up by vomit.

For cure, take notice of these Observations:

First, Take four spoonfuls of this my Apozem fasting:

fasting: if that work not that day, the next take five, and so forth, always increasing the quantity until it work: And when it hath operated, take an handful of Parsley, bruise and boil it in a pint of White-wine a quarter of an hour and better, then strain it out, and put some Sugar in it, and the next morning drink a good draught of this hot, and keep your bed, and sweat three or four hours, and in your sweating, drink off the rest. After that, let him take fasting two spoonfuls of my Apozem, and let him continue it so till his body be soluble, and that his excrement be not dry, or stay too long in his body.

Now, my Friends, the White-wine thus ordered and taken, and sweating withal, openeth the first Veins, and maketh a passage into the body. The Apozem of mine draweth down gently the excrement, and bringeth Nature to her usual course to all admiration, and cleanseth the stomach of that corruption which is the very cause of this disease.

## CHAP. XII.

### *For want of Appetite.*

FIrst, when the first veins do not suck, which is their natural action, by the which they receive food for the nourishment of the whole body: Secondly, fat and gross bodies, which are always stuffed, and so full, that Nature seemeth to be contented with what she hath, and hath little desire of more. For cure of this, remember these Observations small but pithy: Take for some days three spoonfuls every morning of this harmless Apozem, and in little time you will find thy self exceeding hungry; it may be Beef will go down, when Chicken would not before:

but if thou haſt not an appetite preſently after taking of this Medicin, then take the White-wine as is mentioned in the foregoing Chapter, after the ſame Directions.

## CHAP. XIII.

### *For Catarrhs and Rheums.*

MAny people are troubled with this diſeaſe, but eſpecially Scholars, and other Students, idle perſons, and thoſe Trades-men that ſtir little. Now the faſhion is to have an iſſue or two; nay, theſe iſſues are to have many peaſe in them which things were forbidden in the Levitical Law, as much as if he had the Plague: but now there is great alteration, I ſhall preſcribe you a way (if you will hear reaſon) to cure your ſelf without theſe naſty iſſues in your skin, and I imagine a great deal more wholſome, and better for your health for the future.

My Brethren, the cure conſiſteth more in your own good Government, than in much taking of Phyſick, which I utterly abhor, and I truſt many diſcreet people with me, Now for this diſtemper, obſerve theſe infallible Rules.

1. Ride labour and exerciſe, for by it thou ſhalt ſtir up natural heat, and conſume thoſe watry humours which cauſe this Rheum and Diſtillations: if thou canſt not walk abroad, buſie thy ſelf with ſome action in the houſe, this will prevent crudities, and it is the principal way in part to prevent and cure this grief: for thoſe that labour much, are ſeldom or never troubled with it, as is evidently ſeen, which thoſe that uſe little ſtirring or motion of their bodies, are moſt ſubject unto: for the outward parts of their bodies

bodies are cold, for that their blood, together with the humours, remain within, neither have they any evacuation by the pores of the body, as Nature requireth, to consume this Rheumatick humour, which then seeketh another passage. Then the Patient spits much, or else a continual running at the Nose, or else it slily trickles down upon his Lungs, & causeth Coughs, Ptisicks, Consumptions of the Lungs, and Ulcerations: you must needs confess what I say is really true.

2. I advise you to eat hot meat at meals and especially well broiled, for I tell you hot meat warms the stomach, and stirs up natural heat through the whole body, and so digesteth the humours, but withal task and be merry at the Table.

3. Be sure to keep thy head and neck warm, and thy feet likewise dry and warm.

4. Drink sparingly, And touching thy Drink observe these few Rules.

1. Let the Drink be somewhat strong, and not small, for small beer is waterish, and so it will add to thy diseased

2. If thou drink, drink only at the end of thy meals, for in so doing thou wilt suppress that moisture which would ascend.

3. Let thy Drink be not over stale, sower or sharp.

4. Drink neither White nor Rhenish Wine.

5. If thou drink, take a Glass of good Claret well Sugered in the midst of thy meat.

5. Fast and watch, for these dry the body. I would not have you rise early, and fast long, eat little, and sit up late: but in stead of those eat freely, and drink little, sleep hard, but lie warm, for then thy body will be as if thou didst labour or exercise. Now (dear Hearts) watching is unnatural, it makes a dry senseless brain, it causeth sore eyes, and a

cold wateriſh ſtomach, which is worſe then all.

6. Go into a warm air, and keep thy ſelf warm.

7. Hold your breath now and then hard, for this forceth the blood to the outward parts of the body, and cauſeth a ſtronger Circulation, which carrieth with the ſtream the courſe of theſe Rheumatick humours.

Now for cure,

If any man will follow theſe Rules, that ſo he may continue his health, (or elſe it is vain to ſeek help) firſt, I adviſe you to take ſix ſpoonfuls of my Apozem, an hour before he riſeth, ſo do for two days, the third day at night going to Bed, burn half a Pint of Canary, with a branch or two of Roſemary, brew it with ſome Sugar, and the Yolk of a New-laid Egg, and drink it off hot, and lie hot all night, this will digeſt and conſume thoſe Rheumatick humours: Drink this Wine ſo prepared three nights together.

Note, if the party be lean, and full of Blood, inſtead of Sack, uſe Ale, for Sack will inflame the Blood.

## CHAP. XIV.

### *For the Yellow Jaundiſe, and all Obſtructions of the Liver.*

THe Yellow Jaundiſe proceedeth of Choler mixed with Blood, and ſo diſperſed over the whole body.

There are divers cauſes of this diſeaſe, but I ſhall only treat of what is moſt uſual, and only name the reſt.

1. The

1. The biting of a Venomous Beast will cause it.
2. The going away of an hot Feaver will do the
he.
3. The Inflammation of the Liver will make shew
f the same.
4. The weakness of the Gall, which is not able to
raw from the Liver those Cholerick humours, but
ffereth them to be carried with the blood through
he body, and so colours it yellow.
5. The Jaundise is usually caused by obstruction
f those Vessels that are between the Liver and the
Gall; which being stopped, the Cholerick humour
annot pass into the Gall, but is carried with the
lood into the body, and so staineth it yellow.
6. It is commonly through the obstruction of the
assage from the Gall to the Bowels, for that being
topped, the Gall is not able to employ it self, but
he excrementitious Choler is repelled, and returneth
nto the body; which otherwise, should colour and
tain the excrement yellow.
In these three last sorts the excrement is white, and
he Patient feeleth an heavinesse in his right side, and
hese are common, and are thus infallibly to be cured;
rst, cleanse your body with my Apozem for two or
hree days, then take of the Root of Briony half an
unce, Parsley half an handful boil these gently in a
int of White Wine, half an hour close covered, strain
t out and sweeten it with Sugar. Take a good draught
f this in a morning fasting hot, and sweat upon it, and
n thy sweat drink the rest; and if you are dry after-
wards, drink Posset-drink, for the more he sweateth and
rinketh, the more the vessels are opened, and the mat-
er digested, and the Jaundise sooner cured. After this
weating, the next day take six or seven spoonfuls of my
nvaluable Apozem, for that will carry off that cor-
uption. Now if the Jaundise is not cured by once swea-
ing, but shews it self, then sweat again once more, as you

did

did before: after this same manner is cured all Obstructions of the Liver.

Now, my Brethren, I have shewn you to cure many Diseases of the upper Ventricle, after a new way, and I think with as safe and speedy a remedy as ever was practised since Physick hath had a being. Now I will shew you to cure methodically the Diseases of the lower Ventricle.

## CHAP. XV.

*For the Obstructions of the Spleen, the Hardness and swelling thereof. For the Black Jaundise, and also the Hemorrhoides or Pyles, and Scurvy, which is much subject to English Bodies.*

AS the Yellow Jaundise comes of Choler, so these distempers of Melancholy, joyning with the blood, are dispersed over the whole body. He that hath the Black Jaundise, hath always a dry, withered, and black body; and my Friends, it is difficult to be cured, and likewise it requireth great diligence of the Patient to observe what is enjoined him; for this humour is very stubborn, and without great digestion yields to no purgation whatsoever: and that is the reason our Artists now adays are so much foil'd in their practise. And now to shew you to cure your selves of these distempers, observe this Method which will never fail of your expectation: Take of Spleenwort, or Ceterach, the inner rine of the Ash-tree, the root of Briony, and Parsley, of each two ounces, boil these things gently in a Gallon and half of Whey, an hour and better, then strain it out, and sweeten it with Sugar, and so keep it for use. Take of this de-

coction

coction a good draught every morning fasting, and in it two spoonfuls of my Apozem, and walk well after it, or else labour or exercise thy self that thou mayst heat thy body, and stir thy blood, that this drink may be dispersed thorowly in thy body: so do two or three weeks together if occasion serves. For I tell you seriously, the drink so prepared digesteth the melancholy humour, and makes it fit for purgation; and this Apozem of mine given with it, carrieth it off sweetly. Good people, I tell you, that all the Authors that ever treated of these distempers, never gave you an insight of curing rightly, but prescribe a certain sort of Pills, which have either black Helles bore, Coloquintid and other stuff which is good only to choak Daws withal. I would have you observe withal, to embrocate your left side with Oyl of Wormwood, if you have any pain there.

The Scurvy is caused sometimes by gross and corrupt diet, and so Seamen are most of all troubled, in long Voyages, and above all things a salt diet and delicate and using no exercise withal is the chief cause of this reigning disease in England. I never knew a man that fared meanly, and laboured somewhat hard in his calling, ever troubled with it. O the strange virtue of labour, whereby we get both our Bread and Health, which misery, if the slothful understood they would not consume their dayes so in idleness.

## For Cure.

Take four spoonfuls of my Apozem in a glass of White-Wine, a week or more together, and withal, twice a day about ten in the morning and four in the afternoon, take of the juice of Scurvygrass and Fumiterry of each two ounces sweetned with Sugar, in a quarter of a pint of Whey; do this till the Cure is finished.

CHAP.

## CHAP. XVI.

### *For the Green Sickness.*

THis distemper happeneth by reason of the obstruction of the menstrual course of Nature in Virgins, so that in time the Liver is so weakned, that it is not able to convert the nutriment into blood, and then the digestion is raw, and the whole body is filled with water and flegm, instead of good blood. Now the foolishness of Maidens to obtain their high colour, and to look fine, forsake their dyet, and eat much trash, as Apples, Plumbs, Pears, Cherries, &c. such raw fruits, and Oatmeal, and raw Milk, which in stead of nourishing causeth nothing but corrupt humours, so that their countenance looks pale and greenish, they feel a great pain in their heads, with a continual panting or blessing, they are very faint, and likewise short breathed: Now I will shew you a way to cure it without the Powder of Steel, or letting blood in the foot, which is the way of most Practitioners now adays. First therefore for five or six days, take of my Apozem four ounces at a time, after the taking of this, take of White Briony half an ounce, and boyl it in a pint of Ale, with a blade of Mace, sweeten it with Sugar, drink a good draught of this hot in a morning, and sweat three or four hours, and in thy sweating drink off the rest hot: the next day boyl some more as before, and drink a good draught in the morning hot an hour before thou riseſt, and keep thee warm, but not sweat, use this order ten days, or it is better to walk, or to use some exercise to stir thy blood, and the humours in thy body,

than

than to lie a bed; and withal eat meat of a light digestion, and so thou shalt have thy cure, *Cito, tute & Jucunde.*

## CHAP. XVII.

### *For acute Diseases, as Feavers and Agues, &c.*

THese diseases are very common, yet there is but, alas, little help for them: but we are got into the Thickets of Brambles and Thorns, that we do not know how to get out, nor strive, and so now they are called the shame of Physitians. A Wilderness of Medicines now made, but hardly any of them good, and so a young Practitioner getting into this Wood, cannot get out, unless he sees the Sun at the Meridian, as I may term it, or trac Nature in all her footsteps, and be only a help to it; not by strong Spirits or Quintessences, or Mineral Preparations, as your high and mighty Chymists do, nor with Golden Pills, or with their high Cordial, or their Juleps, the flegm of Herbs, as your Galenists use, but with specifical remedies, which I will here shew you the way.

First therefore, observe all Feavers to be either an Inflammation of the vital spirits, or of the blood by too much motion, or else by putrefaction, or by obstruction: for you may see daily that motion doth heat even to firing, and obstruction doth exasperate that heat included, and so it breaks out violently, especially in things watry and putrid, as Hay laid up wet at length fires.

Now there are three sorts of Feavers, 1. Ephemera, 2. the Putrid, 3. the Hectick: The first burns

burns the Spirits, the second the Humours, the third the solid parts: The first like a raging hot Wire, scorching all it meets with; The second like boiling Water put into a Cask, and heats it with it self; The third like an Iron Pot red hot, heats the Water poured into it.

Now this Hectick Feaver occupies the Bones and Membranes, and consumes them with an unnatural heat by degrees, and insensibly, till at length it causeth death.

The Putrid Feaver occupies the Blood and Humours, by which the whole Body grows hot.

The Ephemera is a more subtle flame, feeding upon the spirits only, and therefore it continues not long, for either health or death in two or three days follows. And of this sort are the Malignant and Pestilential, which two I shall treat of by and by.

For a simple Ephemera, I shall only give thee a general Specifick, which will undoubtedly give present help, take of new Milk a quart, put it on the fire and turn it with a quarter of a pint of Verjuice, take off the Curd, and boil in it two ounces of Housleek bruised, and two drams of red Saunders, Strain it out and put to it two ounces of Sirup of red Poppies. Drink freely of this Drink as occasion serves; but if this Feaver be not very violent, give a spoonful or two of my Apozem in a morning, and you need not fail of your work. These means are plain and easie, and what grows in our own Country.

Putrid Feavers are most usual, and they are continual or intermitting: for if the humours putrifie within the Vessels, and near the heart, the spirit riseth against, and kindles them, and never leaves off till it expels the rottenness, or be extinguished it self, and this Feaver is continual, and often deadly. But if the humours rot out of their Vessels that is in the veins and members, it is a Feaver intermitting. For the

the spirit riseth up at certain times, and oppoſes that ottenneſs by heat: now this conflict made being far rom the heart, (when it is ended) the ſpirit returns ome: now therefore if this putrid humour be begun, t ſtill returns to oppoſe it the next day: hence it is alled the Quotidian: if it be yellow Choler, it re- urns to oppoſe it the third day and it is called the ertian: if black Choler or Melancholy, the Quar- an.

The cauſes of theſe are, firſt, Flegm recolleſts it elf ſooneſt, and makes new work for the ſpirits, but withal ſooner cured, and ſo a continual Feaver aſteth not long. Secondly, Melancholy is a dreggy umour, and doth not ſo ſoon recruit it ſelf, and be- ng tough and viſcous, is not ſo eaſily overcome, and heſe Quartans are of long continuance. Thirdly, in Tertian the ſpirit oppoſeth yellow Choler, which hot of it ſelf, and then there is a terrible hot con- lict, and from hence they are called burning Feavers, nd they are ſometimes changed one into another, ac- ording as one putrified humour or another is op- oſed. Now I have ſhewn you the ſigns and cauſes f theſe Feavers, I will briefly preſcribe a perfect ay to cure them.

## CHAP. XVIII.

### *For the Quotidian Ague.*

TAke of Centory of Borage and Betony of each three handfuls, of Fumiterry an handful, of y Berries four ounces, of White Wine a pint, ruiſe the Ingredients, and digeſt them altogether in, ſpace ſeven days, and then draw this off in a Glaſs- ill with a gentle fire, until you have all the water, which

which keep in a Glass close stopped with Wax
the Patient drink a quarter of a pint of this Wa
hot two hours before his fit comes, and keep his
and sweat three or four hours, and in his sweat
let him drink Posset-drink hot, and in every dra
put in two spoonfuls of this Water: the next
hours before his fit, do the like in all things as
did before.

Now let the Patient be kept well from the Air,
things prescribed orderly used is most comm
cured in two days: but if by some oversight it
tinues longer, begin again use the same means
two days more: but if you take four or five spo
fuls of my Apozem first before thy sweating, it
be cured the sooner.

Now if a Child hath a Quotidian, and we
not give these things inwardly I will shew thee a w
to cure it by outward things: Take an ounce
Briony root, and beat it to powder, and half as mu
Wheat-flower, and boil it in a little Milk till it
like a Poultice, and put it on Clothes being warm
and spread somewhat thick, and bind it to the Chi
wrists; when it is dry, take more fresh, and appl
and you shall see it in four days to be perfectly cure

## CHAP. XIX.

### *For the Quartan Ague.*

THis is a disease so hard to cure, that it hath
been accounted ever yet the reproach of Phy
sitians, for it resisteth the force and power of all the
Medicines, whether Galenical or Chymical, and
doth in despight of them triumph over their Pa
ents. Now, even now will I take an hard matter
hand

hand, but I fear my slender way will be suspected greatly by the Rabbies of this Age, for the working so rare a cure: But being thorowly encouraged both by Reason and Experience, I will boldly proceed on and inform you.

My Brethren, take on thy two good days (as we call them) being fasting four ounces of my Apozem; the third day, which is thy fit-day, take nothing; the fourth day take of the water which I prescribed for the Quotidian, four ounces and better, well warmed, and keep thy bed, and sweat five or six hours, and in thy sweat drink hot Posset-drink, and in every draught put three spoonfuls of the Water prescribed, and one spoonful of good Wine-Vintgar; continue this sweating four days together: if the Quartan Ague have not left thee in that time, (which I think is impossible) then upon thy next fit-day, two hours before the fit comes, take the Water as before, and sweat again, do so only three times on thy fit-days, and observe after this disease hath left thee, be sure to take three spoonfuls of my Apozem for twelve days, for this Water so taken and sweating withal, doth wonderfully digest this melancholy humour, and it excelleth all the preparatives in the world, and my Apozem gently cleanseth the body, and carrieth it off. *Soli Deo sit gloria & potestas in sæcula sæculorum.* Amen.

## CHAP. XX.

### *For the Tertian Ague.*

BE careful to observe this method, for I would not bury any thing in oblivion, or hide my Talent, for *non nobis nati sumus.*

First, Let the patient take the day he hath not his fit six spoonfuls of my Apozem, the next day two hours before the fit comes, drink a quarter of a pint of this Water here prescribed, take of Centory six handfuls, of Sudwe twelve handfuls, bruise these Herbs and Distil them with a gentle fire, and keep the Water close stopped with Wax, let the Glass be but half full, for it will keep the better ;) and when you have drunk this Water being well warmed with a little Sugar with it, keep your bed, and sweat three or four hours, and in your sweat drink posset-drink, and in every draught put in two or three spoonfuls of this Water ; use this means the second fit, and I question not but you will eradicate this disease. For I tell you seriously I have cured this disease, and many more extream hot Feavers, by this Water to taken even in one fit ; but be sure after those fits you purge your body with my Apozem, and then you will do all things safely ; if not, there may happen some relapse.

CHAP.

## CHAP. XXI.

### *The Hellish Fever.*

FOr the which I will prescribe a Diet, by which many even at deaths door have been recovered, which is this; take of new Milk three pints, turne it with half a pint of Verjuice, take off the Curd, and boil in it of Sorrel and Marygold of each an handful, of Housleek an ounce, strain it out and sweeten it with Sugar, and drink it in steed of Beer, when the party is thirsty. Then make this broth: Take a Capon and skin it, and get out all his fat, then bruise it in pieces, and put it in a pitcher that holds a pottle of water, and put in it four ounces of Raysons stoned, eight Dates, a Pugil of Borage and Rosemary-flowers, and likewise put in a pint of good Claret, and half a pint of Red Rose-water, cover the pot close and paste it round, then put this into a Kettle of water, and so make the Kettle boil six hours, and be careful in boiling no water comes upon the paste; then take it out, and strain it, and drink four or five spoonfuls of this morning and evening.

Or use this;

Take a young Pig and scald it, and cut it in four pieces, and put six quarts of running water in a pipkin, scum it clean, and put a large handful of Sage in it, and boil it gently till half be wasted, strain it out, and drink it morning and evening warm. But if the party be not much wasted away, let him take a spoonful of my Apozem now and then of a morning, for it will cause him no have an appetite.

## CHAP. XXII.

### *For the Plague, and all Malignant Feavers.*

THere be three speciall causes of this disease:

The first is, the just judgment of God for the sins of the people: In this case I hold with our Divines, that it cometh as it were by the Commandment of God, and then vain is the help of man, when the power of the Almighty worketh to destroy; wherefore repentance and amendment of life is the salve for this sore. Yet seeing we know not his determinate will and pleasure, I wish no man to neglect such natural means as our Eternall Father hath provided for the preservation of our natural bodies, lest by so doing we sin, and tempt our Creator, and the Preserver of all Mankind.

The second cause proceedeth of the corruption of the Air, which is of two sorts, either generall or particular. The Air is generally infected by the distemperature of the Heavens, when the weather is long dark, cloudy, foggy, stilling, very hot and moist, and also our bodies faint, we loath the breath we draw in and out, then it is difficult to keep meat sweet, and the Heavens do as it were refuse to draw the corruption from the earth, but yield down again such as they had taken away before. The Air is particularly infected by the smell of dead bodies, especially in fights, when those that are slain lie unburied, which infecteth that particular place. Also a putrid smell in your Fen y and Marish ground, and especially the smell of such bodies as resort and lodge very close in one small Room, as in this City of *London*, and then people are sluttish and nasty, which

infect

infects the vital ſpirits, and breeds ſuch corruption, which at laſt burſts out into the Plague.

The third cauſe proceedeth of corrupt humours in mans body, ingendred by bad Diet; and theſe two laſt come by Gods permiſſion, as the firſt comes by his Commandement.

For preventing this heavy Viſitation.

1. Make fires in the ſtreets to cleanſe and purifie the Air.

2. Let people walk out into the fields, to take the freſh Air, and let their Houſes be made clean and ſweet by ſtrowing ſweet herbs, and airing their beds, and opening their windows to let the Air in.

3. Let no Houſe be over-peſtered with too many Lodgers, and let all vagabond and lazie unneceſſary members be forced out, for this will cleanſe a City, as a purge will a man that is full of corruption.

For cure, take theſe Obſervations.

Take of Endive-water two pound, Centary-water one pound, Ivy-berries half an handful bruiſed, boil theſe gently a quarter of an hour, ſtrain it out, and diſſolve in it of Mithridate or Venice-Treacle a dram, Sugar an ounce and half, Wine-Vinegar three ſpoonfuls. Now as ſoon as ever the Patient doth complain, and Nature as yet ſtrong, give him a quarter of a pint of this Drink faſting, being warmed, and let him ſweat in his bed eight or ten hours if he can bear it, and in his ſweating drink hot poſſet-drink, and in every draught two or three ſpoonfuls of this drink: when he riſeth, get him ſome broth, and be careful to keep him from the Air: if he do not find eaſe in his ſweating, the next day do the like; this way will cure him without having a ſore, or elſe it will

will help Nature so far, that it will force out the sore speedily: unto which use these Applications: first, embrocate the Tumour or Carbuncle with Oyl of Lilies, being warmed, then take two yolks of Eggs, a dram of Saffron pulveriz'd, Linseed Oyl and Oyl of Camomy, of each a dram, spread it upon Cloth somewhat thick, and apply it: use this course for it will speedily break it, then dress it according to Art: After the same manner are cured all Malignant Feavers, and Epidemical Diseases.

## CHAP. XXIII.

### *Of the Gout.*

THe Gout is a wandring pain which most commonly seizeth on the joints, three things are required in the Cure. 1. To hinder that fluxion of matter to the part. 2. To remove the matter seated in the part. 3. to give as much ease as may be. I shall herein give you some Specificals, which I have alwayes found effectual in the Cure.

1. In the Gout where the pain is vagrant many times the party is not able to stir any Member, if you purge in this you add fire to fire, the humour being so exceeding fluxible, only use this drink which I dare be bold to say none can excel it. Take a quart of new Milk, turn it with a quarter of a pint of Verjuice, take off the Curd, and boil gently in it two drams of long Pepper, a dram of Ginger, half a dram of Saffron, strain it and sweeten it with Sugar, and put two spoonfuls of my Apozem in it; drink this freely off, and sweat upon it; annoint the places grieved with this Ointment. Take vng. Popul an ounce, ol. vitriol half a dram mix these toge-

and use it. Slight not these means, because they are common.

2. If the Gout seizeth upon any part, Take for some dayes three or four spoonfuls of my Apozem, which will cleanse thy body of those humours, which are the cause of this grief; And use withal to the part grieved this Cataplasm, which will discuss the humor, and ease the pain: Take of Rapeseed beaten two ounces, of Wine-Vinegar four ounces, of Barley flowre a sufficient quantity, to make a Poultice, or take of Raisons of the Sun stoned half a pound, of Rue pulverized an ounce, of Wine-Vinegar two ounces, make a Cataplasm. but if the humour that is fetled in the part, be somewhat tough and viscous, use this strong discussive Cerote. Take the white of two Eggs, Bay-salt burnt and pulveriz'd an ounce, Mithridate and white Briony-Root in powder, of each two drams, bole Armonick three drams, Oyl of Broom, Spirit of Wine of each an ounce and so use it, I have given you a method short, but I question not but you will find it effectual. I have not written much of Cordials to you, but if you will keep your body in health by using these means: I will not hinder you to comfort your Spirits, now and then with a Glass of rich Canary, Moderately taken.

## CHAP. XXIV.

### *A new way both to prevent and to cure the Stone, by dissolving it.*

THe Learned, and wise Physitian *Fuchsius* having written much concerning the Stone, in his Book *De medendis morbis*, at last concludes with this sentence, *Sanguis denique hircinus, ad calculos renum tum vesicæ præsens remedium est. Nam præexistentes solvit, et per urinam excernit, et ut alii amplius non generentur, prohibet, ac dolorem sedat.* Now following the steps of this excellent Physitian, I have drawn off the Quintessence of the Blood of the He-Goat which being given in a proper Vehicle, that is of a subtile and piercing nature, and likewise opening obstructions, that this Quintessence may quickly pass through the Liver, and Kidneys, and Bladder, for to effect its operation, I have (by gods providence to me) found out a Wine made of our *English* Vegetables, which given with the Quintessence will within forty dayes really dissolve the bigest and hardest Stone in Mans body. I have given my Bill to Mr. *Fisher* aforesaid, for to prepare this Wine, which is called *Vinum Albionis*, and likewise to draw off the Quintessence, now I mind to shew the way by taking this Wine and Quintessence both to prevent and cure the same.

1. For those that are from their Parents naturally inclined thereunto, or otherwise do fear the disease and would prevent the same, I do advise them to take twenty dayes together, both in the the Spring and Fall, two spoonfuls, of the Wine and so likewise of the Quintessence every morning

morning fasting, and to fast an hour after it which will (I experimentally avouch to thee) preserve them from the disease.

3. For those that are troubled with the Stone, and do feel those bitter passions, and those sharpest intollerable pains thereof, I have thought good to prescribe this way following, take two gallons of Ale new Tunned up in a Stean and put therein of Saxifrage, Parsley, Pellitory of the Wall, and Gromwel, of each two handfuls, after three dayes drink thereof as following, take two spoonfuls of *Vinum Albionis*, and three spoonfuls of the Quintessence in a morning fasting, and fast an hour after it, then drink a draught of the Ale prescribed, and whilst you take it, use no violent motion of the body, but gentle walking or such like, lest the Stone beginning to break, the pieces thereof should fall into the narrow Vessels between the Kidneys and the Bladder, or from the Bladder into the Yard, and so cause great pain and torment, and this way I wish you to use, as long as you find any Gravel to void. And many times the Gravel does come away, and yet not be discerned, as my late experience hath taught me. I think it fit here to shew the strange working of my Wine and Quintessence. If you put into a Glass of Wine, a piece of soft and hollow Sugar, the Wine entereth presently into all parts thereof, and causeth to fall like a sandy substance in the bottom of the Glass: But if you put into a Glass of Wine a piece of white hard and perfect Sugar, it resisteth the Wine, and sufereth only the outward parts to be dissolved in long time by degrees. So likewise it is by this Quintessence and our *Albion* Wine, for if it find in the body an hollow soft and gritty Stone, it presently entereth it and dissolveth it, and causeth

it

it to come away in Gravel being not able to endure the action or working of the Medicine: But if the Stone be hard, long digested, and having his substance soundly compact together, This Medicine cannot enter the same quickly, but only worketh upon the outward parts thereof, and the more strongly, it abideth and resisteth, the more perfectly doth this Quintessence and Wine dissolve the same; For proof of this if in taking this Medicine, you find no Gravel to come away; Set your Urine made after taking of the Medicine, in some open Vessel upon a soft fire, and so let it stand till all the water be evaporated away, and you shall find a gritty substance in the bottom, if you are troubled with the Stone.

Now if the Stone be great in quantity and much baked together, you must use this Medicine longer and not look to be cured miraculously, by the use of it a day or two, but I tell you it will be absolutely dissolved in forty dayes, as I have often experienced and now I leave it to all people to experience it.

Now my Friends, if a man be very Ancient and is troubled with the Stone, it many times happens, that his Kidneys and Bladder are Ulcerated, but chiefly the Bladder, then I wish him not only to use my Medicine as prescribed, but also to observe diligently this dyet, abstein from all Wine, Strong waters, Stale beer, Verjuce, Vinegar, Cider, salt and salt meats, all Spices, Orenges, Limons, Mustard, and all raw Fruits, and from all things that cause the Urine to be sharp and fretting.

For although the Stone be dissolved and voided, yet the party may have little ease, because the Urine is sharp and comming to the exulceration of the Kidneys or Bladder, will cause great pain, and suffer not those parts affected to heal, but ma-

ther

ther increase the grief. If any man is troubled with exulceration of the Reines or Bladder, the manifest and continual pain thereof will declare the same. And also pain in making water, and difficulty for it drops rather then runneth, because the expulsive faculty is decayed, and if the Kidneys are Ulcerated, then have you pain in the Loines, and often cometh away with the Urine, a slimy corruption like the white of an Egg or filthy blood or the like.

I would advise all those that are troubled with these exulcerations, not to torment their bodyes with much Physick, for they may have ease, but I tell you never cured. My counsel only is to take the Medicine to dissolve the Stone, and to avoid those things that cause sharpness of Urine, which I have recited before. But for healing those Ulcerations as near as may be, drink a good large draught of Goats Milk every morning fasting, or else make a Syrrup of Plaintain, and take two ounces in a draught of Ale every morning, which is admirable good for those griefs.

But least, my Brethren, this most excellent Medicine should be slandered, by being taken by any man that is troubled with the Stone, and doth not find such a remedy as I have promised in this Treatise, let him come to me, I will be ready without either peny or peny worth, to do what possible I can for his further Cure; And if I break my promise herein, let me rather be thought a deceiver than one that seeks to benefit his Country.

CHAP.

## CHAP. XXV.

NOw will I give you rules for to preserve health, which being observed, a many live to extreme old age: first, use not these things which greatly digress from that constitution and mediocrity in which man was created: Now all Physicians do call every thing hot or cold, in respect of the Nature of man, so things may be hot in the 1, or 2, or 3, or 4, degree, so likewise on the contrary for coldness: so we may gather from hence like desireth like, and abhorreth the contrary: Now those things that are like, and agree best with the Nature of man, are good wholesome, usual Meats and Drinks, a dry, fresh and sweet Air, moderate Sleep and Labour; which although they were allotted to us for a punishment by God our Creator, yet mercifully withal he hath made it a necessary means to preserve our Healths. Now those things which disagree most with our Bodies are these, (which to tell you I am afraid to please all men) All Wines, Spices, salt Meats, and all hot things which are so by nature, which a man may know by the Taste, for they either bite like Pepper, or fret like Salt, or else leave some manifest heat in the mouth. Now on the contrary, avoid all raw Fruits, and cold Herbs, and such things of the same nature, much use of Sawces devised by such whom many times our just God punisheth by want of Appetite, and having Meat at will, as the poor for want of Meat have a good Appetite. And likewise shun to live in thick foggy air, or idlely, and exceed not in eating or drinking, which we call good fellowship, sleep not too much, or watch much, or use much those venereal actions,

s, but use these things moderately and discreet-

Now, Good People, seeing all people are subject
Death, which was allotted by our Creator to
an for Sin; and so we are sensible that our Bodies,
yielding thereunto, do by degrees gather always
orruption: Now to preserve our Healths, as much
nus lies, until we have run that race which Al-
ghty God hath appointed, I shall commend unto
u, and wish you all to make use of, this Receipt
ich followeth.

Take Borage and Parsley of each an handful, boil
a quart of Posset-drink, strain it out, and keep it
a clean vessel, drink a good draught of this every
orning, putting therein two or three spoonfuls of
y Apozem before-mentioned, and so continue
inking it ten days every Spring and every Fall; if
y Body requires more drink it longer: By this
eans thou maist prevent many Diseases, and keep
y Body in a very good condition: This makes
omen apt to conceive, if (during the taking) they
e chast, and maketh Men quick and nimble in all
eir proceedings.

# A Copy of Verses to th
## that are troubled W
## the Stone.

I.

NEither Gold nor Silver, nor pretious Sto
No muck nor worldly wealth,
None of these will help thy grievous greance,
No ease they give to health.

II.

Amongst thy Friends thou lyest forlorn
A piece of pineing clay,
Thy Spirits are almost overthrown,
And hope for help is gone away.

III.

Thy Friends lament, thy heart for grief is bu
Thy Limbs and Joynts do quake,
Thy Stomach Vomits all, that is worst
Thy pains makes the bedstead shake.

IV. T

IV.

y doleful life to thee is death,
And death would be life to thee?
ll pain does cease with thy last breath,
But now life heaps misery.

V.

What? Hath Almighty God sent a malady,
And nothing made for ease,
s no Physick good? No remedy?
This raging pain to appease.

VI.

Here stands *Love* a Friend unknown,
To do his Country good,
Will ease this grief and heavy Groan,
With the Spirit of Goats blood.

VII.

I trust with Christ his Soul will be
For divulging to us this secrecy.

FINIS